CHAPTER: FOODS WE EAT

Grade: **3**
Board: **CBSE**
Book: **NCERT**

1.

Chapter Summary and Placement

Read through the following to understand the gist of the lesson.

The chapter encourages the students to observe different types of food cooked at their home. The students will also observe the different types of food that people of different ages eat. The will also learn about the diversity of food in our country.

2.

LEARNING OUTCOMES

<On completion of the chapter, students will be able to:>

1. List the variety of food items prepared in the family.
2. Lists the different eating practices followed in the family.
3. Relats the type and amount of food consumption to age, gender, health and physical activity.
4. Explore the religious , regional and cultural variations in eating food , adapting and cherish them for harmony.
5. Exemplify different types of food items made from different cereals
6. Recall staple food of different states and different countries.

3. PREVIOUS KNOWLEDGE REQUIREMENT

<The below points should be refreshed before introducing the chapter::>

1) Recognize the common food they eat and a few ingredients .

4. TEACHING PLAN

Follow this section for getting ideas on teaching the content covered in the chapter. The subtopic given in the first column with the matching learning outcome can be explained using instructions and resources listed subsequently

Subtopic and Learning Objective #1

LO: :List the variety of food items prepared in the family.
Lists the different eating practices followed in the family.

Teacher Activity

1. The teacher can ask the students to write down the common food which is prepared in their house.
2. An introduction to different kinds of food. Refer to Resource 1.
3. The teacher can ask the students to analyse whether the family members eat all the food or there are preferences. Ask them to create a table of preferences. Refer Resource 1.

Check for understanding:

a) What is the food that you ate in the morning?
b) Do you know the method of preparation?

Resources Suggested

Textbook, chalkboard, Resource 1

Resource 1:

Chole Bhature



Vadapav



Dosa



Different types of food

Dhokla



Neer Dosa



Puttu Kadala



Table of preferences

Family Member	Age	Food they eat and their preferences
Grand mother	75	Hot and soft food. She don't like Paneer curry

Subtopic and Learning Objective #2

LO: Relates the type and amount of food consumption to age, gender, health and physical activity

Teacher Activity

1. The teacher may perform Activity 1 for introducing the topic.
2. The teacher can explain that different physical activity requires different amount of energy and energy is obtained from the food that we eat

Check for understanding:

a) Do you feel hungry after you play out and reach home?
b) What do you eat? Has your mother insisted on any special food? If so what is the reason?

Resources Suggested

NCERT textbook

Activity 1

Name of the activity – Food and age
Type of activity – Individual
Learning Objective: Analyze their findings by interviewing the elders at home and share in the **class the** role that age plays in the type of food consumed
Use it for – Understanding the role of age played in consuming food.
Materials – Paper,pencil

Teacher instructions:

1. The teacher may ask the students to talk to the elders in the family about the food they like, dislike or why they can't have a specific food.
2. Check whether age plays a role in type of food they eat.
3. The students should analyse the type of food infants, kids, grown ups and old people eat.
4. The activity should be given as a homework or assignment.

1. The teacher can summarize the session by explaining the reason why a specific category of people are given specific food.
    - Infants: liquid food, they don't have teeth to chew and so food will not be digested.
    - Kids: They require lots of food that provide energy. The kids should try eating all the food that provide them energy and that help them grow.
    - Grownup: They also require food that provide them with energy to carry out their day to day activities.
    - Old age people: They will not be able to eat all types of food and will eat very less compared to what they had in their younger ages.

Subtopic and Learning Objective #3

LO::Explore the religious , regional and cultural variations in eating food , adapting and cherish them for harmony.

Teacher Activity

1. The teacher should introduce the topic by asking a few questions to the students.
    - Why are there so many food items?
    - Have you ever tried different food items?
2. After the discussion, the teacher should explain the reason of the diversity in food.
3. The teacher will tell that in our country different types of food substances are produced in different states. For example:
    - Wheat in North India
    - Rice in South india etc
4. The teacher should stress on accepting the diversity in food

Check for understanding:

a) Which food is regular food that you eat?
b) Explain about different food that you have ate which doesn't belong to place you belong to.

Resources Suggested

NCERT textbook

Resource 2:



Different Dals



Different Rice varieties



Different grains

5. WORKSHEETS

Print or copy the worksheet questions on the blackboard and ask the students to attempt them. They can be given as homework or a class test as well.

Worksheet 1

Use it like: Class test, Home assignment, Revision

Which of the following is made of Wheat and rice

1. **Dosa: _____**
2. **Paratha:_____**
3. **Neer Dosa:_____**
4. **Chapathi:_____**
5. **Puttu: _____**
6. **Halwa: _____**
7. **Poori: _____**
8. **Pulao: _____**

Worksheet 2

Use it like: A class test, home assignment, revision

Tick the items that you have eaten

Paratha



1

Paneer



2

Poori



3

Dhokla



4

Idli



5

6. SOLUTIONS

This section gives you sample answers for activities and questions listed above.

Worksheet 1

1. Rice
2. Wheat
3. Rice
4. Wheat
5. Rice
6. Wheat
7. Wheat
8. Rice

Worksheet 2

1. The answers depend on the food that the students have had.

7. EXTRA RESOURCES

Carry out the following suggested activities/ tasks if you have the time and resources to do them

1. **Reference Video links:**

   The students can be suggested to watch the following videos/ shown in class:

   https://www.youtube.com/watch?v=9YiJj10yqp0

   https://www.youtube.com/watch?v=0KbA8pFW3tg

2. **Extension activity 1:**

   Carry out the following suggested activities/ tasks if you have the time and resources to do them

   Purpose: Help your mother to cook your favourite food

   The teacher may ask the student to help their mother in cooking their favourite food and create a recipe report and share with their classmates